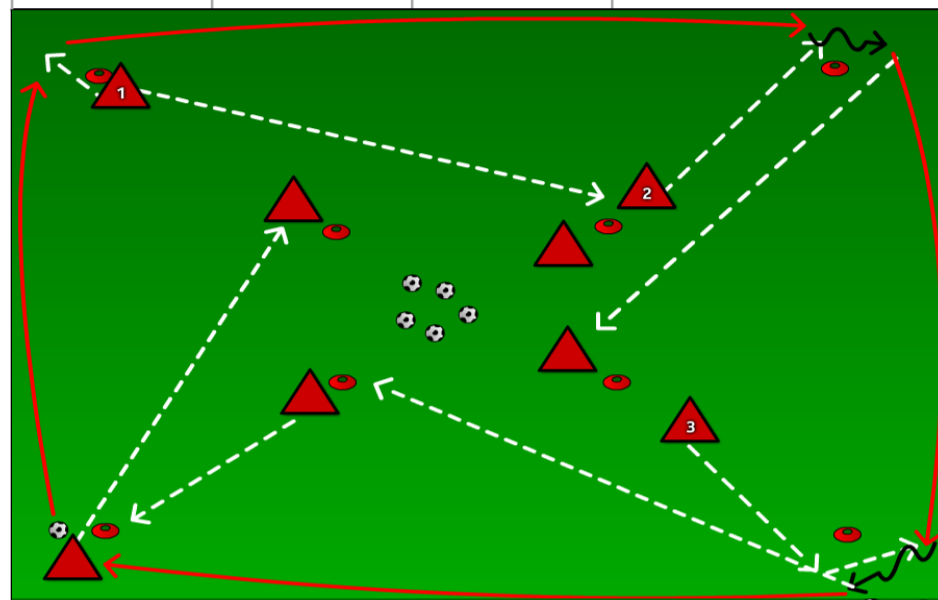


Name:	Patrick Hughes, Aaron Gyasi, Jake Carel			Team:	D-ODP (Fall 2016)			
Date:	10/28/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 5			

**TRAINING TOPIC & OBJECTIVES:**

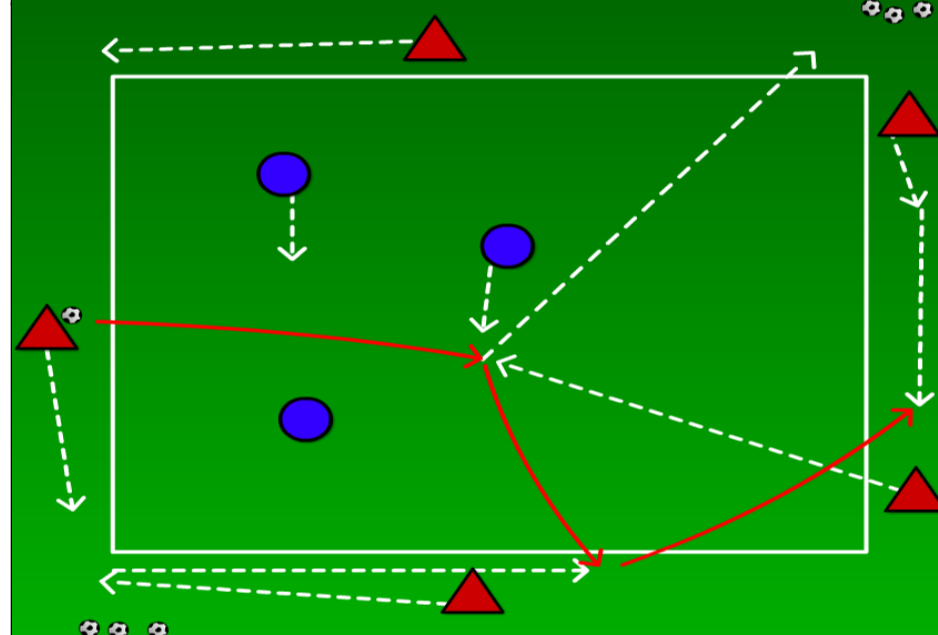
Improve the players' understanding of supporting movement in possession, and the role of the second and third attackers to provide penetration, width and depth for the first attacker. Improve the timing of the players' supporting movements, particularly the timing of checking runs. Improve the players' recognition of cues to determine when/where to move to provide options for the player in possession.



<b>I. WARM-UP</b>	Intensity:	Med	Activity Time:	2m	
Duration:	30m	Intervals:	10	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 15x15 boxes w/6x6 box inside. 8-10 players per grid with extra balls in the middle of the small box. Ball is passed around outer cones, w/players rotating to inner cones. Movements include - back pedaling off outer cone, sprinting to and turning, arcing around outer cone.

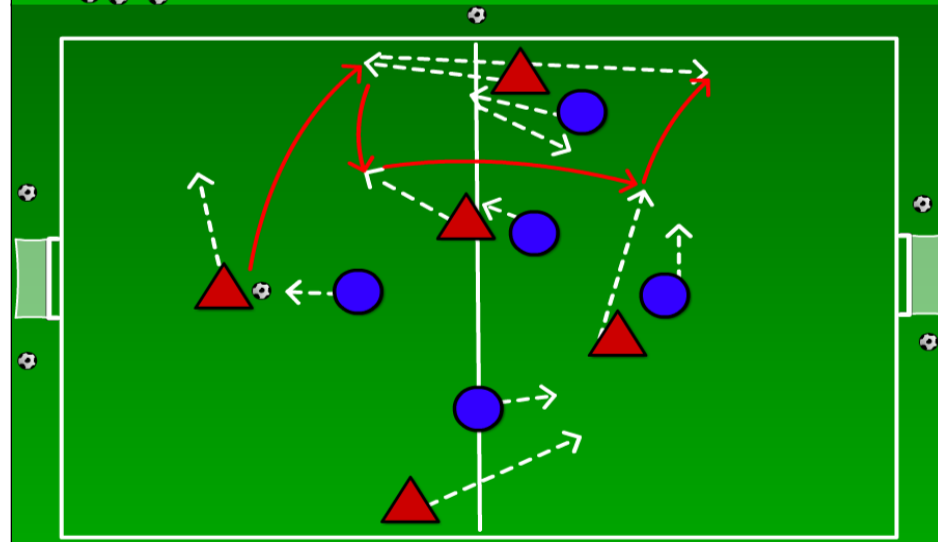
**COACHING POINTS / KEY CONCEPTS**  
 Quality of the pass across the body of the receiving player to allow them to prepare away. Body shape of the receiving player to allow them to prepare cleanly toward the next target. Quality of the receivers' first touch toward their target to provide cue for supporting player to execute their movement. Speed of supporting players' movement to arrive and prepare body as the ball arrives from the first attacker.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	Med	Activity Time:	2m	
Duration:	15m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 15x15 boxes, w/5-6 attackers around the outside and 2-3 defenders on the inside. Attacking players score by completing 8 passes, then by connecting two sides of the box, then by connecting opposite sides of the box, then by connecting to a checking player. Defenders score by intercepting and dribbling out.

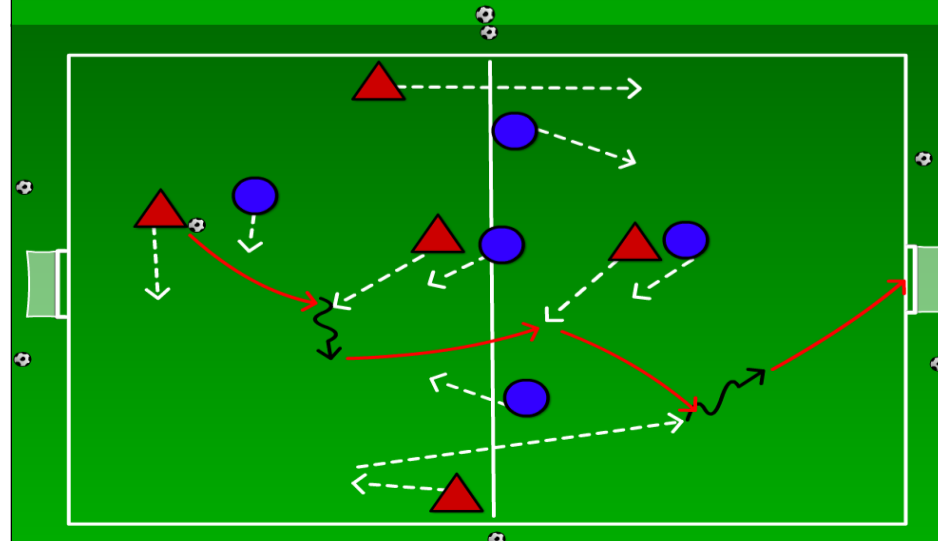
**COACHING POINTS / KEY CONCEPTS**  
 Positive first touch from attackers to open up several passing options for themselves. Second and third attackers ensuring that first attacker has options wide and forward, either to play into feet or into space to a runner. Movements of second and third attackers as the ball travels, with final checking movements coming as first attacker prepares ball. Timing of checking runs from forward or advanced wide players.



<b>III. EXPANDED ACTIVITY</b>	Intensity:	Med	Activity Time:	2m	
Duration:	15m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 5v5 to goal, 25x35 field. Players in a 1-3-1 formation. Maximum of 3 touch, except for the first pass after a change in possession.

**COACHING POINTS / KEY CONCEPTS**  
 Areas of support needed based on ball position - when wide, first attacker needs support forward, wide and central; when central and deep, first attacker needs support wide and forward; when central and high, first attacker needs support deep and wide. Timing of movements as discussed above.



<b>IV. GAME</b>	Intensity:	High	Activity Time:	4m	
Duration:	30m	Intervals:	6	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 5v5 to goal, 25x35 field. Players in a 1-3-1 formation.

**COACHING POINTS / KEY CONCEPTS**  
 Points from above.